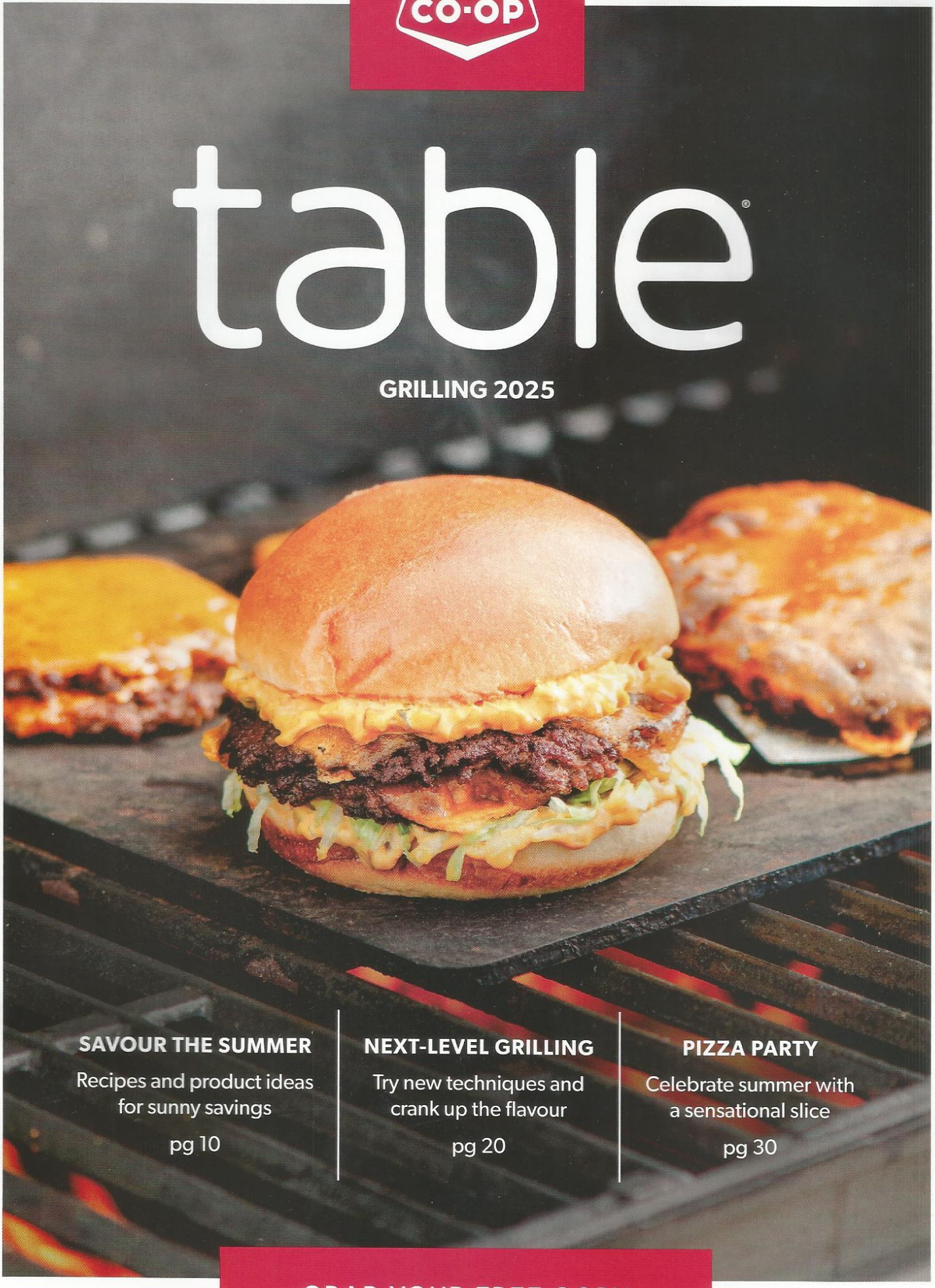
CO-OP

table

GRILLING 2025



SAVOUR THE SUMMER

Recipes and product ideas for sunny savings

pg 10

NEXT-LEVEL GRILLING

Try new techniques and crank up the flavour

pg 20

PIZZA PARTY

Celebrate summer with a sensational slice

pg 30

GRAB YOUR FREE COPY

CO-OP
OUTDOOR LIVING
2025 COLLECTION
From patio furniture to barbecues to lighting and décor, you're sure to find the perfect items to make your summer sizzle.
Find Your SUMMER
Find your summer
in the yard
Discover outdoor furniture, decor, barbecues and more at your local Co-op Home Centre.
Find inspiration for your backyard oasis.

Find your summer
freedom
Visit shop.crs to make your grocery list and let us do the shopping so you can enjoy your summer.
Start making your list now.

Find Your SUMMER
CO-OP
PROPANE
RECYCLED PROPANE CYLINDER
Find your summer
by the grill
Don't forget to fill your propane tank at your local Co-op Gas Bar!
Find a propane filling station near you.

MAKE THE MOST OF Summer

Another summer has arrived, and we're looking forward to spending these precious, warm days with our loved ones. In Western Canada, we know this season is something to be treasured because it never lasts as long as we'd like! We want you to make the most of your time (and your budget), so we've asked our chefs to create recipes that are a snap to make and easy to enjoy.

Flip to the Savour the Summer section on page 10 to find wallet-friendly recipes and products to stretch those summer dollars. We've found some ways for you to take back some valuable minutes, too – head to page 15 to Savour the Summertime.

We also invite you to make the most of the wonderful Canadian produce that will be making its way to your local Co-op. We're excited about the high-quality products we're able to source right here in Canada. Remember to look for the Proudly Western Canadian and Made in Canada signs in-store to find the homegrown items on our shelves.

Whenever you're celebrating, we hope you'll find joy at our summer Table.

@COOPCRS

MEET OUR CHEFS

DALE MACKAY
SASKATOON, SK

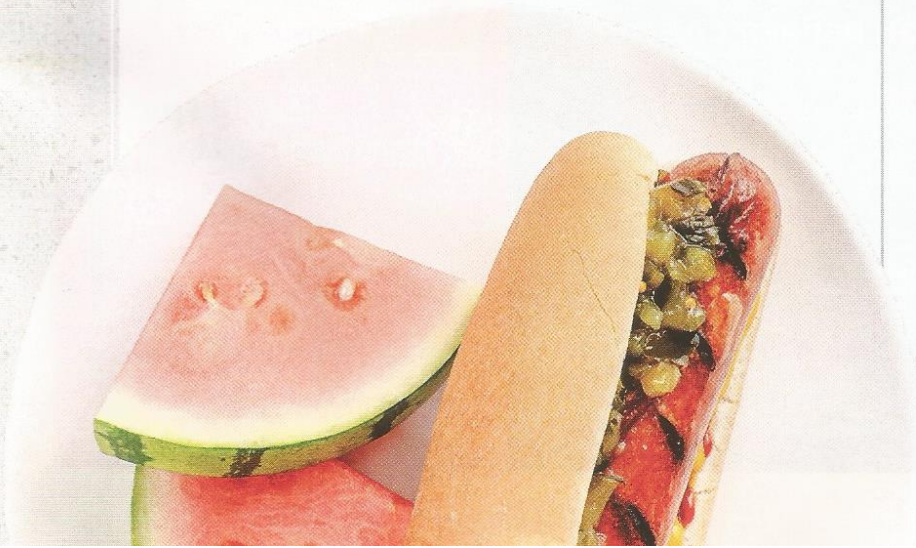
MacKay is a winner of Top Chef Canada and founder of Grassroots Restaurant Group, with restaurants in Saskatoon and Regina.

MARIA KOUTSOGIANNIS
CALGARY, AB

Inspiring adventurous home cooks, Koutsogiannis loves Mediterranean cuisine and creates comforting, indulgent recipes that often centre vibrant, wholesome, plant-based foods.

MEGAN STASIEWICH
LEDUC, AB

Stasiewich, a finalist on CBC's The Great Canadian Baking Show, is an ambitious home baker who can make everything from bread to cake sculptures.



MOTT'S

CLAMATO Caesar

Bring on the Flavour

Trademark used under license by Canada Dry Mott's Inc.
If mixing this product with alcohol, please enjoy responsibly.
Must be legal drinking age.

LEMON PEPPER CAESAR
with alcohol

Ingredients
Mott's® Clamato® Original Cocktail
Vodka (1 oz)
Limoncello (0.75 oz)
Worcestershire Sauce
Hot Sauce
Lemon Juice

Garnish
Lime
Lemon
Celery Stalk
Rim
Rim Mix (Lemon-Pepper Seasoning, Caesar Rim Celery Salt)

Instructions
Rim the Glass: Rub with lime, coat with rim mix.

Garnish: Add celery stalk, lemon wedge, and sprinkle with rim mix.

Mix Cocktail: Shake vodka, Limoncello, Worcestershire, hot sauce, lemon juice, and rim mix with ice. Top with **Mott's® Clamato® Original Cocktail**. Strain into glass and garnish.

LEMON PEPPER CAESAR
without alcohol

Ingredients
Mott's® Clamato® Original Cocktail
Worcestershire Sauce
Hot Sauce
Lemon Juice

Garnish
Lime
Lemon
Celery Stalk
Rim
Rim Mix (Lemon-Pepper Seasoning, Caesar Rim Celery Salt)

Instructions
Rim the Glass: Rub with lime, coat with rim mix.

Garnish: Add celery stalk, lemon wedge, and sprinkle with rim mix.

Mix Cocktail: Shake **Mott's® Clamato® Original Cocktail** (2 oz), Worcestershire, hot sauce, lemon juice, and rim mix with ice. Top with **Mott's® Clamato® Original Cocktail**. Strain into glass and garnish.

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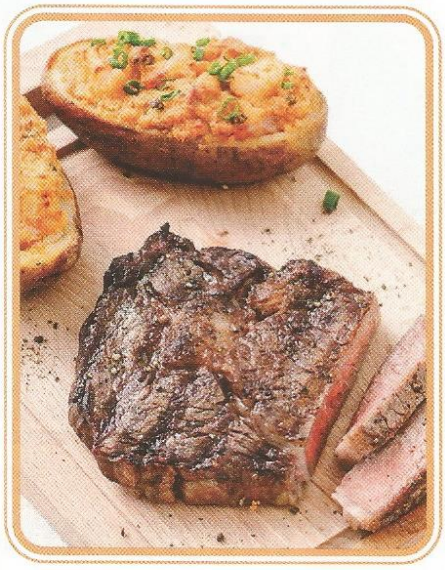

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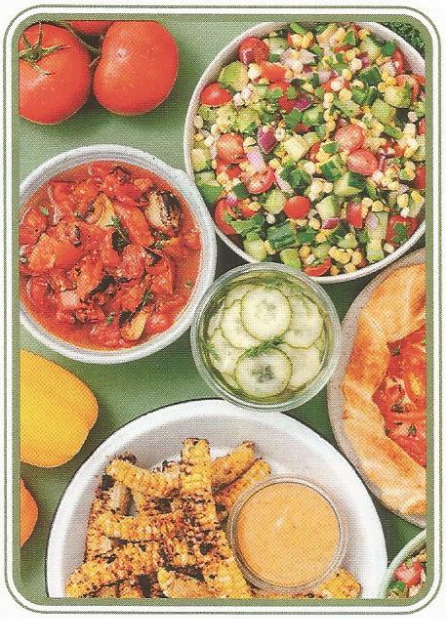

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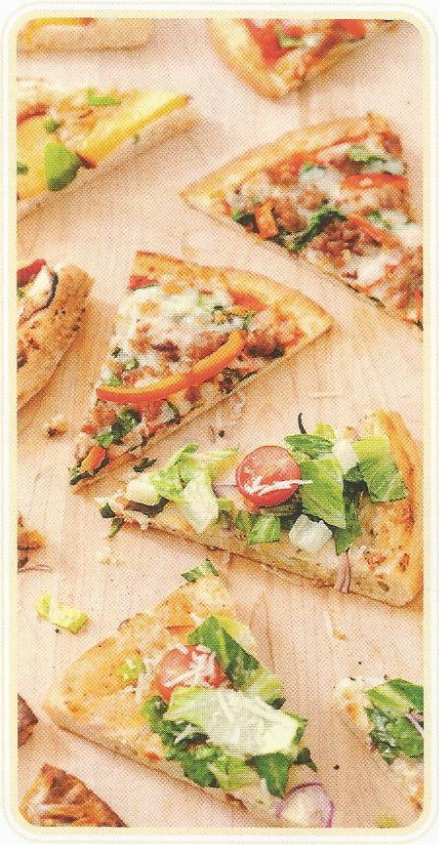

30 Pizza Party

From scratch to frozen, Co-op has everything you need to build a perfect pizza.

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Improve gut health with foods that can be thrown on the grill or added to meals raw.

Savour the **Summer**

SAVE MORE THAN 20%*

on your summer grilling essentials when you make the switch to Co-op brands.

*Basket comprised of Co-op branded products comparable to national brands. Savings are based on regular prices. Retail prices and savings are subject to change.

NEW TO YOU

This just in: the latest batch of Co-op products is sure to make summer a little bit tastier.

CO-OP GOLD VEGETABLE FRIES

TILLSONBURG — ON —

Given the choice, many kids – young and old – would eat French fries every day, but we all know that it's important to eat a variety of foods. Made with carrots, parsnips and beetroots, these CO-OP GOLD Vegetable Fries will bring extra nutrition to your plate in a fun and colourful way. Don't forget the dip – honey dill, spicy chipotle or classic ranch would pair well with these veggies. They're the perfect side for your freshly grilled burgers!

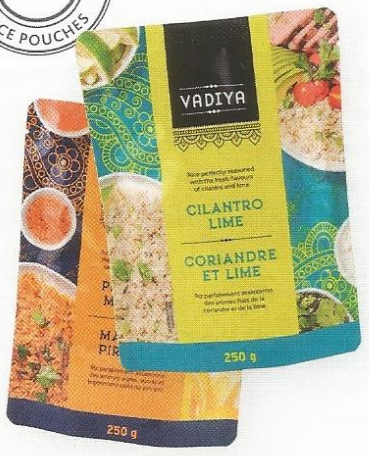
TILLSONBURG — ON —

CO-OP GOLD SMOOTHIE MIXES

A popular breakfast, lunch or snack for those on the go, your daily smoothie just got even easier thanks to our new smoothie mixes. Packed with fruits and veggies, the CO-OP GOLD Berry Banana Spinach Blend and the Tropical Kale Blend provide a variety of nutrients to fuel your busy day. Make it quick – these mixes just require you to add yogurt and juice or milk and blend before heading out the door.

VADIYA RICE POUCHES

VADIYA INDIA RICE POUCHES



Simplify your dinner routine with VADIYA Rice pouches. Available in three perfectly seasoned flavours – Cilantro, Peri Peri Masala and Bombay Biryani – each rice pouch only takes a few minutes to prepare in the microwave or on the stovetop. Whether incorporating VADIYA Rice as a side dish or making it a meal on its own, your senses will be intoxicated by the aromas, flavours and textures of this South Asian-style fare.

GOLD
Stone-Baked Chicken, Bacon & Caramelized Onion
FLATBREAD • PAIN PLAT
Cuit sur pierre avec poulet, bacon et oignons caramélisés
343 g

MISSISSAUGA — ON —

CO-OP GOLD STONE-BAKED FLATBREADS

An elevated version of frozen pizza, the new CO-OP GOLD Stone-Baked Flatbreads combine light and crispy crusts with tasty toppings. Whether you choose Caprese-Style, Pepperoni Duo or Chicken, Bacon & Caramelized Onion, you're sure to find a flavour combination to love. Keep some in your freezer and always have an easy meal or appetizer that's ready in minutes. And if you can't get enough pizza, flip to page 30 for more inspiration.

CO-OP GOLD BURRITOS

Craving a taste of Mexico without the work? Say "hola" to CO-OP GOLD Burritos! Choose from Beef & Cheese, Bean & Cheese or Chicken for easy meals to satisfy both the palate and tummy. Packed with high-quality ingredients, CO-OP GOLD Burritos taste as good as they look and can be prepared in the microwave or oven. In no time at all you'll be transported down Mexico way with a smile on your face.

MISSISSAUGA — ON —

MEET THE MAKERS

SURREY

DAVID McKINNON
President

BRUCE ALLWORTH
CEO

CO-OP GOLD PURE
WILD SOCKEYE SALMON BURGER

ORCA SPECIALTY FOODS LTD.

When you select a wild salmon product from Co-op, rest assured it is a Certified Sustainable Wild Species from the Pacific Ocean regions. Orca Specialty Foods supplies Co-op with a variety of salmon products, including their Wild Sockeye Salmon Burger.

Orca's president, David McKinnon, takes great pride in their multi-certification plant and dedicated staff, who create high-quality products for partners like Co-op. "The Co-op team brings a collaborative aspect to the process of developing new offerings," he says. "It is always a pleasure to deal with them."

CO-OP GOLD PURE
KOMBUCHA

YOUR PREFERENCE KOMBUCHA

Ken Holmes' and business partner CEO Bruce Allworth's small-batch craft kombucha and water kefir brewery, Your Preference, grew from vision to reality in a few months, and now they can call it award-winning. CO-OP GOLD PURE Blueberry Haskap Lavender Kombucha, won the prestigious Private Label Food Product award at the 31st Annual Canadian Grand Prix New Product Awards in Montreal, QC.

"Working with Co-op has been an incredible experience," Allworth says. "Their strong brand recognition, support for local businesses and dedication to agriculture and farm-to-fork programs align perfectly with our values. Together, we are proud to provide customers with delicious, high-quality beverages that support their well-being."

BETTY FORBES
CEO

LES & TINA WIEBE
Owners

CO-OP GOLD PURE

BLUEBERRY SEA BUCKTHORN SPREAD

NORTHERN VIGOR BERRIES INC.

Sea buckthorn berries offer a unique tropical, tangy flavour. Betty Forbes, CEO of Northern Vigor Berries, is pleased that Co-op's fruit spread features sea buckthorn berries grown on her family farm near Veregin, Sask. "Co-op has been incredibly supportive of local growers," she says. "I appreciate that they used our berries to create a great product that is easy for all to enjoy. Who doesn't love a healthy spread on toast – or on a charcuterie board?!"

CO-OP GOLD

POTATO, POTATO & EGG AND DILL PICKLE POTATO DELI SALADS

WF FARMS

WF Farms in Portage la Prairie, Man., is the exclusive potato supplier for CO-OP GOLD Deli Potato Salads. Les and Tina Wiebe's team harvests the potatoes, then peels, washes and cubes them on the farm before sending them to Delisle, Sask., to be made into potato salad for Western Canadians to enjoy. As a Co-op customer for the last 30 years, Les thinks it's wonderful to have their potatoes going into Co-op's locally made potato salad. "We are where we are because of our hardworking team, and we're very proud of that."

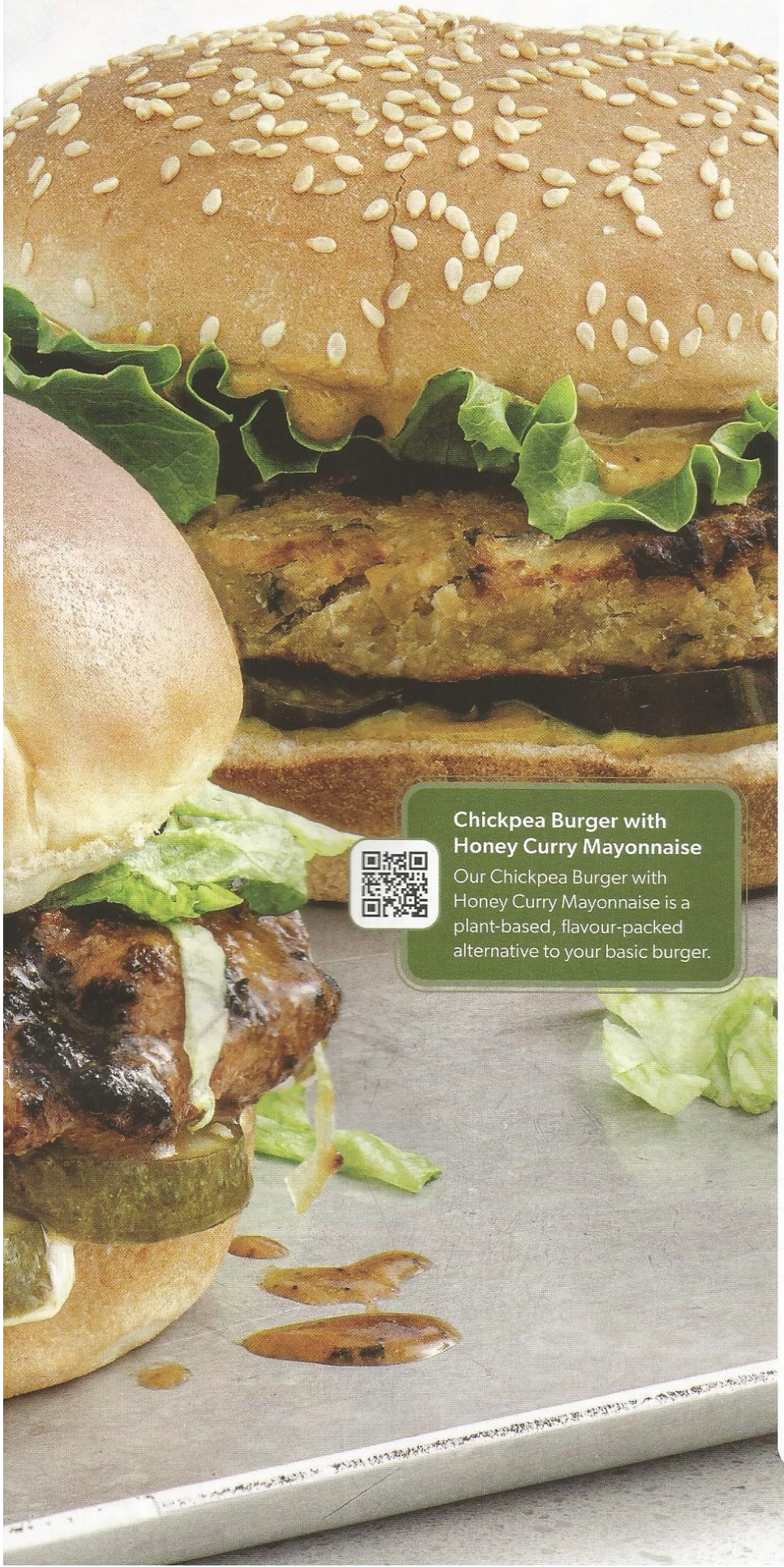
$avour the Summer

When you're looking for recipes that will send your tastebuds on a flavour expedition without sending your bank account into a tailspin, we've got just the ticket. Chef Dale MacKay uses flavours from around the world and ingredients that keep the price range from $3 to $10 a serving.*

Life's good when you're savin' in the summer.

Nashville Hot Chicken Sandwich

*Pricing based on Co-op's regular pricing for the amounts of ingredients included in recipes. Retail prices and prices per serving are subject to change.



NASHVILLE HOT CHICKEN SANDWICH

CHEF DALE MACKAY | SASKATOON, SK

PREP | **10** MIN **TIME** | **30** MIN

SERVES | **4**

INGREDIENTS

SAUCE

1 cup CO-OP GOLD Cayenne Hot Sauce

1 tbsp CO-OP GOLD Natural Honey

¼ cup CO-OP CENTSIBLES Butter

CHICKEN AND GARNISH

1 tsp garlic powder

1 tsp onion powder

2 tsp smoked paprika

1 tsp salt

8 medium CO-OP Boneless Skinless Chicken Thighs

½ cup CO-OP GOLD Mayonnaise

4 DEMPSTER'S Signature Gold Buns

6 CO-OP GOLD Baby Dill Pickles, sliced

2 cups shredded iceberg lettuce

DIRECTIONS

1. To make sauce, combine hot sauce, honey and butter in a medium pot, stir, bring to a simmer, then remove from heat.

2. Preheat grill to medium. Combine spices and salt in a small bowl and season chicken thighs with the mixture. Grill the chicken thighs for 4 minutes on each side or until cooked through (internal temperature 74°C (165°F)).

3. While the chicken cooks, spread mayonnaise on both sides of the buns and add sliced pickles to the bottoms.

4. Remove each thigh from the grill and dunk it in the sauce pot, submerging it fully in the sauce to completely coat it.

5. Place two glazed chicken thighs on each bun. Add shredded lettuce on top of the chicken and serve.

MISSISSAUGA ON

RAISED | GROWN | PRODUCED WESTERN CANADA

Chickpea Burger with Honey Curry Mayonnaise

Our Chickpea Burger with Honey Curry Mayonnaise is a plant-based, flavour-packed alternative to your basic burger.

CHICKEN SATAY WITH SPICY PEANUT SAUCE

CHEF DALE MACKAY | SASKATOON, SK

PREP | 10 MIN **MARINATE** | 2 HR **TIME** | 2 HR 30 MIN **SERVES** | 4

INGREDIENTS

CHICKEN

- 1 lb CO-OP Chicken Breasts
- 1 tbsp LUCKY DRAGON Soya Sauce
- 1 tbsp CO-OP GOLD Natural Honey
- 1 tbsp lime juice
- ¾ tsp salt
- 1 tsp minced fresh ginger
- 1 tsp minced garlic

SAUCE

- ⅓ cup CO-OP GOLD Smooth Peanut Butter
- ⅓ cup water
- 2 tbsp LUCKY DRAGON Sambal Oelek
- 1 tbsp lime juice
- 2 tbsp chopped cilantro

If using bamboo skewers, soak them in water first to avoid them burning. This dish can also be turned into a tasty bowl. Remove cooked chicken from skewers and serve with rice, sliced cucumber and peanut sauce over top. For extra shine and flavour, brush some reserved marinade over the chicken before serving (just make sure you remove the reserved amount before adding raw chicken).

DIRECTIONS

1. Slice chicken breasts lengthwise into ½-inch thick strips and toss in a bowl with soya sauce, honey, lime juice, salt, ginger and garlic. Marinate in the fridge for 2 hours or overnight.
2. Mix all sauce ingredients together in a dipping bowl and reserve for later.
3. Preheat flat top or grill to medium-high. Thread each strip onto a skewer.
4. Grill or roast skewers on flat top or grill for 3 minutes on each side or until cooked through. Serve with dipping sauce on the side.

PULLED BUTTER CHICKEN TACOS

CHEF DALE MACKAY | SASKATOON, SK

PREP | **10** MIN **TIME** | **2** HR **30** MIN

SERVES | **4**

This dish is a simple fix using a slow cooker. But it's equally easy to cook the chicken in an oven, using a foil-covered gratin or casserole dish. Bake in the oven at 350°F for 1 hour.

INGREDIENTS

CHICKEN AND BRAISING SAUCE

- 1¼ lb CO-OP Boneless Skinless Chicken Thighs
- ¼ cup CO-OP GOLD Tomato Paste
- 1 cup whipping cream
- 1 tsp minced fresh ginger
- 1 tsp minced garlic
- 2 tbsp CO-OP CENTSIBLES Butter
- 1 tbsp garam masala
- 2 tsp paprika
- 1 tsp ground cumin
- 1½ tsp salt

GARNISH

- 1 ripe mango
- 8 corn tortillas
- ¼ cup CO-OP GOLD Mayonnaise
- ½ cup CO-OP GOLD Pickled Hot Pepper Rings
- ¼ cup fresh mint, hand-torn or shredded with a knife

DIRECTIONS

1. Place chicken and braising sauce ingredients in a slow cooker. Cook on high for 2½ hours, or for 1 hour in the oven at 350°F. Chicken is cooked when internal temperature of 74°C (165°F) is reached.

2. Remove the chicken from the cooker and shred it into bite-size pieces while it's still warm, using tongs or a wooden spoon.

3. Peel mango, remove from pit, and slice into thin strips.

4. To assemble, fill each taco shell with mayonnaise, mango, pulled chicken, pickled peppers and fresh mint. Serve extra braising liquid as a sauce if desired.

CO-OP
SAVE TIME!
SAVE MONEY!
Grab a Co-op Meal Kit from participating Co-op Delis and feed your family for less than $20
Choose from Chicken Taco, Chicken Pita, Fish Taco and BBQ Pulled Pork

FLAVOURS of SUMMER
Doritos
Cheetos
CRUNCHY
CROQUANT
MEGA SIZE
CLASSIC MIX
42 bags
bubly
sparkling water
limebubly.
12
PEPSI
ZERO SUGAR
Dill Pickle
Cornichons à l'aneth
Spitz

Savour the **Summertime**

Take back your summer time with these time-savers from Co-op

North of the 49th parallel, the warm summer days are precious. In our neck of the woods, it always seems like the warm months are gone in a flash. If you're watching your calendar fill up and wondering when you'll get a chance to relax in the sun, we say: Relax now. You've got time, and we'll help you make the most of it.

These delicious items are available at your local Co-op Food Store, and they're waiting for you to saunter over and casually place them into your grocery cart. Snack time is simple: Order a fruit or veggie tray from your Co-op Deli, Bakery or Produce experts. While you're snacking, pop a ready-to-eat meal or a tray of seasoned meat from the butcher counter into the oven and just like that, dinner is on. And dessert? It's done. Your Co-op Bakery has so many sweet options that are oven-ready or ready to serve.

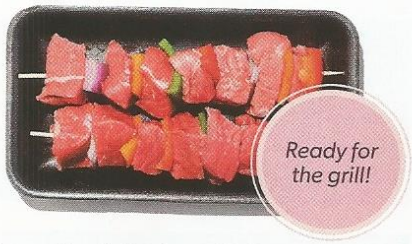
Co-op Gourmet Stuffed Mushroom Caps
Prepared by your local butcher
Selected Varieties

Co-op Gold Oven Roasted Chicken
Prepared in-store
Fresh from our Deli

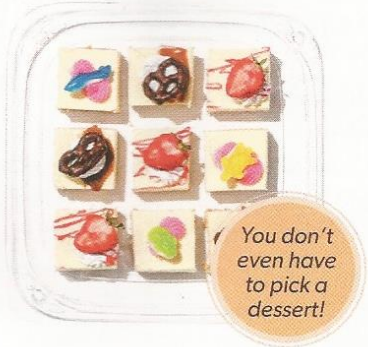
Co-op Gold Apple Pie
620 g

Taco Meal Kit
Made in-store
1.4 kg
Fresh from our Deli

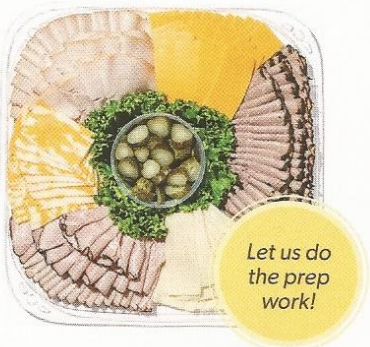
Co-op Gold Big Slab Pizza
Made in-store
12" x 16"
Fresh from our Deli



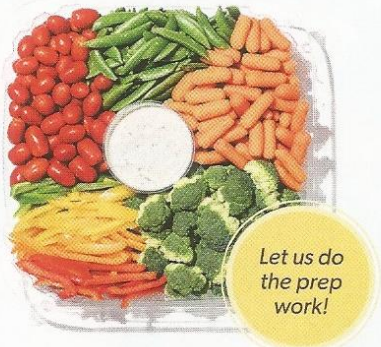
Co-op Beef, Pork, or Chicken Kabobs
Prepared by your local butcher
Selected Varieties



Crème Brulee Cheesecake Sampler*
11" tray serves 8–12



Classic Meat & Sliced Cheese Tray*
14" tray serves 15–20
16" tray serves 20–25



Veggies Lover's Tray*
16" tray serves 20–25

*Visit our deli, bakery and produce experts to learn more and order yours today!

FLAVOUR. GRILL. DELIGHT.

CLUB HOUSE LA GRILLE · French's · FRANK'S RedHot · STUBB'S · CHOLULA

Grilled Sweet Jalapeño Pork Tenderloin with Corn Salad

INGREDIENTS

Corn Salad

- 6 tbsp. (90 ml) oil, divided
- 2 tbsp. (30 ml) plus 2 tsp. (10 ml) Stubb's® Sweet Jalapeño Rub, divided
- 3 ears fresh corn, husks and silk strands removed
- 1/4 cup (60 ml) fresh lime juice
- 1/4 tsp. (1 ml) salt
- 3 tbsp. (45 ml) chopped fresh cilantro
- 3 tbsp. (45 ml) finely chopped red onion

Pork Tenderloin

- 1 pork tenderloin (about 1 lb /500 g)
- 2 tbsp. (30 ml) Stubb's® Sweet Jalapeño Rub

1. For the Corn Salad, mix 4 tbsp. (60 ml) oil and 2 tbsp. (30 ml) Rub in small bowl. Set aside. Grill corn over medium heat 10 to 15 min. or until tender and lightly charred, basting with seasoned oil during last 2 to 3 min. of grilling. Cool slightly. Cut corn kernels from cob and place in large bowl.
2. Whisk lime juice, remaining 2 tbsp. (30 ml) oil, 2 tsp. (10 ml) Rub and salt in small bowl until well blended. Drizzle over corn. Add cilantro and onion, toss to coat. Cover. Refrigerate at least 30 min. to allow flavors to blend. Stir before serving.
3. Meanwhile, for the Pork Tenderloin, coat pork evenly with Rub. Wrap with plastic wrap and refrigerate 30 min. or longer for more flavor.
4. Grill pork over medium heat 25 to 30 min. or until desired doneness, turning occasionally. Let pork stand 5 min. before cutting into thin slices. Serve with Corn Salad.

BURGER

CO-OP CENTSIBLES Eggs
CO-OP CENTSIBLES Beef Burgers
CO-OP CENTSIBLES Hamburger Buns
CO-OP CENTSIBLES Bacon

HOT DOG

CO-OP CENTSIBLES Wieners
CO-OP CENTSIBLES Hot Dog Buns

centsibles® Summer Savings

When we think about summer, we're thinking about afternoons in the backyard with our friends and family and evenings spent sitting around the campfire. And the other thing we're thinking about? It's the food. Backyard barbecues, birthday parties, family reunions and trips to the lake call for delicious meals on the grill.

When you're putting together your grocery lists for these gatherings, we've got a savvy saving idea: Shop *centsibly*. Take a look at these CO-OP CENTSIBLES items for basics that help you save. From staples like eggs, butter and buns to items that round out a meal like bacon, sausage and chicken breasts, CO-OP CENTSIBLES will help you to save every day.

Saving on your groceries in the summertime? It just makes cents!

BEEF BASICS 101

Co-op's full-service meat counters are known for their quality meat products and old-fashioned customer service. Michael Spakowski, meat manager at the Red River Co-op's Southdale store, inspires his staff with his commitment to making customers happy. "I really love dealing with people – customers are the backbone of our business. We take looking after our customers very seriously."

"It's like a family atmosphere," Michael says of Co-op's customer service approach. "I look forward to coming to work and seeing my customers. We're trying to make them happy. Customers do feel like they're at home. They have a lot of confidence in the products we're selling and the people who are recommending them."

GET TO KNOW YOUR STEAKS

Co-op's full-service meat departments can provide custom cuts for whatever event you're preparing for or will help you find the right cuts. "(Co-op butchers are) always watching the trends, and know what is up and coming," Michael says.

"Working muscles are leaner and contain more collagen," Michael says. "Cuts from these areas of the animal – such as shoulder, brisket, rump – are working muscles, so they tend to benefit from longer, slower cooking, or from breaking down through enzymes in a marinade."

> **"All meat is good. There is no such thing as a bad cut, it just depends what you're using it for."**

Muscles at the centre of the animal – such as tenderloin, sirloin and ribs – do less work, contain less collagen and are therefore more tender. They're more suited for grilling.

POPULAR STEAKS:

TENDERLOIN
The most tender cut – AKA the filet mignon, which is loosely translated to delicate, fine or cute filet.

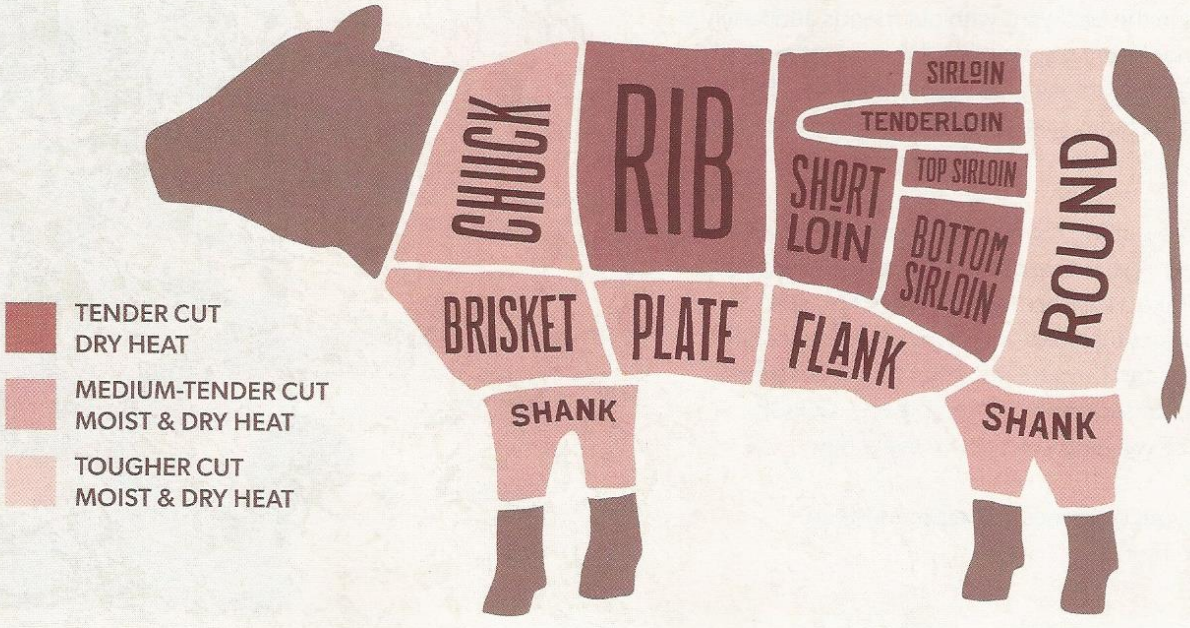
TOP SIRLOIN
Tender and lean steak best seared on the grill.

RIB STEAK
Contains more fat than sirloin, which creates a juicy steak.

SIRLOIN TRI-TIP
A very lean steak from the bottom sirloin. Can be grilled or roasted.

TOP SIRLOIN CAP STEAK
One of the most tender sirloin cuts, with lots of marbling and flavour. Can be grilled or marinated.

T-BONE STEAK
Lean bone-in steak containing both striploin and tenderloin.



BEST BURGERS

Michael says ground chuck makes the best burgers, hands down. Chuck comes from the front quarter and is known to be extra juicy due to its marbling. It has a savoury, beefy flavour. "You can taste the difference. It has better flavour and texture and makes for a juicier burger".

Many people grill year-round, but once winter turns to spring, everyone's barbecues get fired up. The Co-op meat counter offers many options for your burger cookout:

- Fresh In-store Formed Beef Chuck Burgers
- Fresh In-store Formed and Seasoned Chuck Burgers (Montreal Steak Spice, Cracked Pepper, Mushroom Cheddar)
- Fresh ground chuck (for the DIY burger maker)
- Frozen In-store Made Burgers (Regular, Charbroil, Homestyle)
- Frozen CO-OP GOLD and CO-OP CENTSIBLES Burgers

YOUR BUTCHER WANTS YOU TO KNOW:

- **Co-op's AA beef is Western-Canadian raised and 14-day aged.**
- We can help with your meal planning to ensure you get exactly what you need with exceptional value.
- Ask us about custom cuts! If what you want is not on the shelf, we would be happy to custom cut for you.

Visit your local Co-op Food Store today and speak with one of our butcher experts for more helpful tips and advice.

Next-Level Grilling

When it's finally time to fire up the barbecue, you can stick with the tried, tested and true – or you can celebrate the season with a recipe that's exciting and new. This year, we're presenting three dishes designed to grow your skills on the grill. Ranging from Levels 1 to 3, Chef Dale MacKay's recipes let you try new techniques and crank up the flavour.

★

Level 1: Smash Burger with Rink Sauce

You're ready to go beyond the basic burger. Get ready to make your own patties and your own burger sauce!

SMASH BURGER WITH RINK SAUCE

CHEF DALE MACKAY | SASKATOON, SK

PREP | **10** MIN **TOTAL TIME** | **20** MIN

SERVES | **4**

INGREDIENTS

RINK SAUCE

⅓ cup CO-OP GOLD Mayonnaise

⅓ cup CO-OP GOLD Yellow Mustard

⅓ cup CO-OP GOLD Ketchup

¾ cup minced CO-OP GOLD Baby Dill Pickles

½ cup minced onion

PATTY & GARNISH

1½ lb CO-OP Ground Beef

1 tsp salt

8 slices CO-OP GOLD Medium Cheddar Slices

4 CO-OP GOLD Brioche Burger Buns

1 cup shredded iceberg lettuce

DIRECTIONS

1. Place sauce ingredients into a bowl, mix well, cover and reserve for later.

2. Cut eight parchment squares, each 4 by 4 inches. Divide beef into eight 3-oz balls. Heat a flat top grill or barbecue to high and lightly oil it.

3. Place balls on the flat top, top each with a parchment square and use a large metal spatula, burger press, or bottom of a pot to press down evenly until patty is ¼-inch thick. Remove parchment and season patties with salt. Cook patties for 2 minutes, then flip and top with a slice of cheese. Cook for another 2 minutes, then remove from heat. Their internal temperature should be 71°C (160°F).

4. Spread rink sauce on both sides of each bun. Add shredded lettuce to bun bottoms. Add two smash burger patties to each bun and serve promptly.

BEER CAN CHICKEN WITH CHIMICHURRI

CHEF DALE MACKAY | SASKATOON, SK

PREP | 20 MIN **TOTAL TIME** | 1 HR 20 MIN

SERVES | 4 – 6

INGREDIENTS

CHIMICHURRI

- ¼ cup minced pickled pepperoncini pepper
- 2 tbsp pickled pepperoncini pepper brine
- 2 tbsp minced shallots
- 1 lemon, zest only
- 1 tsp minced garlic
- 2 tbsp chopped fresh mint
- 2 tbsp chopped parsley
- ¾ tsp salt
- ½ tsp chili flakes
- ½ cup olive oil

CHICKEN

- 1 whole CO-OP Chicken
- 1 tbsp vegetable oil
- 1½ tsp salt
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 can (355 mL) CO-OP GOLD Non-Alcoholic Beer

DIRECTIONS

1. Preheat a barbecue to 450°F. Place chimichurri ingredients into a bowl, mix and reserve for later.

2. Place chicken on a sheet tray and lightly brush it with oil, then season entire bird with salt, garlic powder and onion powder.

3. Open a can of beer, place in middle of tray, and slide chicken's cavity over the top of the can so the chicken stands up on the tray.

4. Turn off the middle burner on the grill and place chicken tray in the middle, keeping side burners on high. Close the grill lid. Cook for 35 to 45 minutes, depending on the size of chicken.

5. Use digital thermometer to check chicken's internal temperature. When chicken has reached an internal temperature of 82°C (180°F), carefully take it and the beer can off the barbecue and allow chicken to rest on the can for 20 minutes before carefully removing from the can, slicing and serving. Serve with chimichurri on the side.

★★

Level 2: Beer Can Chicken with Chimichurri

Open a cold brew and make your barbecued chicken taste even better.

★★★

Level 3: Peri Peri Shrimp-stuffed Potato with Ribeye

A baked potato becomes a special side when it's filled with shrimp. Serve it alongside a ribeye steak for a surf and turf to remember.

PERI PERI SHRIMP-STUFFED POTATO WITH RIBEYE

CHEF DALE MACKAY | SASKATOON, SK

PREP | **20** MIN **TOTAL TIME** | **1** HR **30** MIN

SERVES | **4**

INGREDIENTS

PERI PERI

- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tsp smoked paprika
- ¼ tsp chili flakes
- 1 tsp chili powder
- ½ tsp ground cumin

POTATO

- 4 potatoes for baking
- 1 tbsp vegetable oil
- 16 CO-OP GOLD White Shrimp, shells and tails removed
- ½ cup CO-OP GOLD Cream Cheese
- ½ cup CO-OP GOLD Mayonnaise
- ½ tsp salt
- ¼ cup thinly sliced green onions

MITCHELL —ON—

STEAK

- 4 ribeye steaks
- 2 tsp salt

RAISED | GROWN | PRODUCED WESTERN CANADA

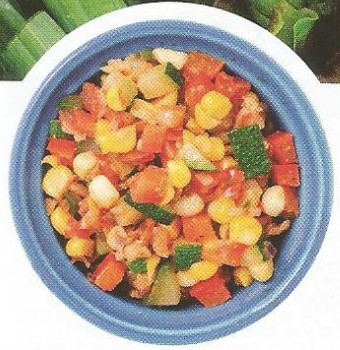
DIRECTIONS

1. Mix all peri peri ingredients together in a bowl.
2. With a fork, poke a few holes in each side of the potatoes. Wrap each potato with foil and bake in a preheated oven at 400°F for 60 to 70 minutes. Allow potatoes to cool for 15 minutes and unwrap the foil. Lay each potato on its side and cut off the top. Then, take a spoon and carefully scoop out most of the potato, leaving a small border around the sides and bottom.
3. Place a large frying pan on medium-high heat, add oil and allow it to heat up. Cut shrimp in half, add to the pan and cook for about 2 to 3 minutes, until internal temperature 74°C (165°F), turning them as you cook.
4. Make sure to pull your steaks out of the fridge for 30 minutes before cooking. In a large bowl, add half the amount of potato that you scooped out. Save the other half for another meal. Next, add softened cream cheese, mayo, salt, green onions, cooked shrimp and peri peri spice mixture. Mix well. Evenly fill four potato skins with shrimp mix.
5. Bake the stuffed potatoes on a tray, uncovered, at 400°F for 20 to 25 minutes or until hot.
6. Season steak with salt and grill on medium-high heat to your preferred doneness. Allow to rest for 15 minutes before serving.

Put your Produce to use

ONE OF SUMMER'S JOYS IS AN ABUNDANCE OF FRESH PRODUCE

If you're up to your ears in corn, cucumbers and tomatoes, try these ideas and outlines for salads, sides and other produce-packed treats that feature one, two or three of these seasonal favourites. The possibilities for mixing and matching your summer veggies are endless!



WARM CORN RELISH

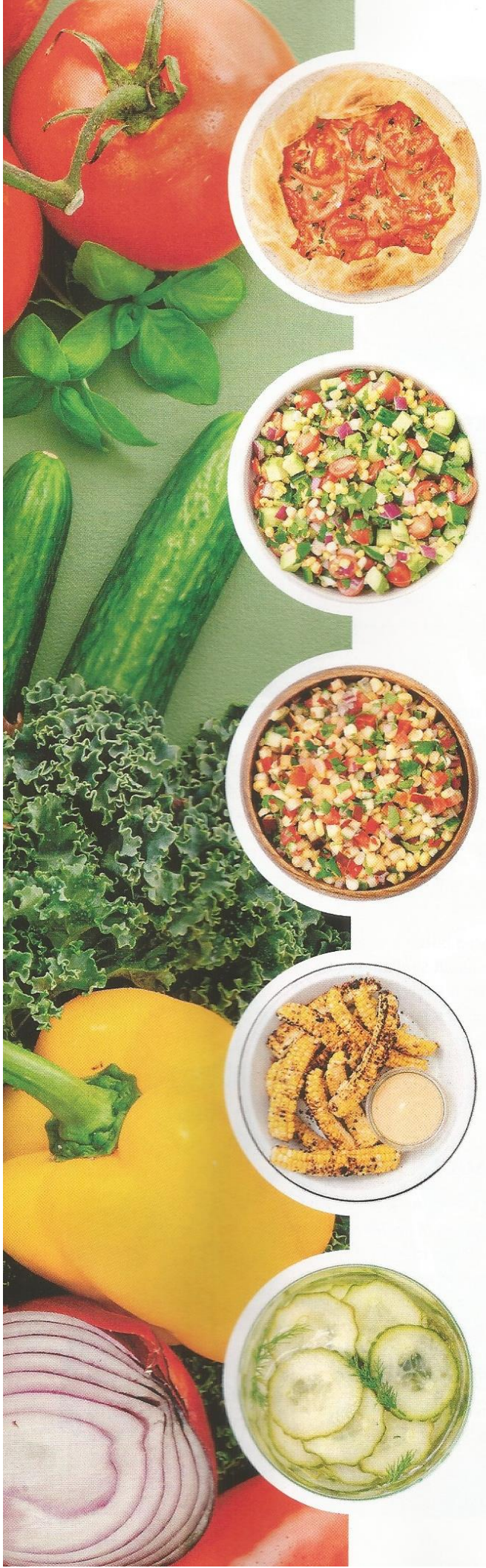
Use corn relish as a dip, or a topping for grilled meats or hot dogs. It's similar to salsa fresca, but warm – and with bacon! Add it to salads, like a chunky dressing. Once you try it, you'll find all sorts of excuses to have some on hand, and as a bonus, you can make it with whatever you have available.

MAKE IT

Start with corn cut from two ears. Scrape the ears to capture as much juice as possible.

FAT *(choose one)*	**ADDED VEGGIES** *(choose as many as you like)*	**ACID** *(choose one)*	**SPICES** *(choose as many as you like)*
Cooked, chopped bacon with fat reserved	Sweet peppers	Rice vinegar	½ tsp each chili powder and cumin
Butter	Zucchini	Lemon or lime juice and zest	1 jalapeño
Olive oil	Green or red onion and garlic	Apple cider vinegar	Cayenne pepper to taste

Heat the fat in a frying pan. Add corn, vegetables and spices. Stir until tender. Remove from heat, add 1 or 2 tbsp of acid and season to taste.



RUSTIC TOMATO TART

Unroll a thawed package of CO-OP GOLD Puff Pastry Sheets on a baking sheet. Mix 2 tbsp mayonnaise and 1 tbsp grainy or Dijon mustard and spread in a circle on the pastry. Top with thinly sliced tomatoes arranged in an overlapping pattern. Fold edges of pastry over the tomatoes. Sprinkle with fresh thyme and flaky salt. Bake at 375°F for 20 minutes, or until pastry is golden and tomatoes are bubbling.

LATE SUMMER GARDEN SALAD

Mix 2 ears of raw corn, one chopped cucumber and 2 cups halved cherry tomatoes with a chopped avocado and onion to taste. Squeeze juice of one lime, splash of CO-OP GOLD Olive Oil, salt and pepper to taste, then add a handful of chopped cilantro. Optional: spice it up with a chopped jalapeño!

MIX 'N' MATCH SALSA FRESCA

Tomato, cucumber and corn are the base for a fresh salsa you can use as a dip for nachos or a bright topping for grilled fish, chicken, pork or steak. Add more ingredients from the following list, finely chopping everything into evenly sized chunks, then season with salt, a handful of cilantro and a generous amount of lime juice.

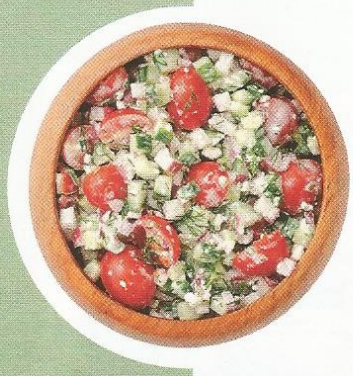
- Sweet pepper
- Green pepper
- Green onion
- Garlic
- Red onion
- Jalapeño or fresh chili of your choice
- Melon
- Peach
- Nectarine
- Plum
- Pineapple

CORN RIBS

Slice the bottom off a corn cob and stand it up, then carefully cut through the centre, keeping one hand at the base of your knife and one hand at the tip (don't hold the cob with your hand!). Lay each half flat, cut into quarters, then rub with oil and your favourite spice rub. Grill corn-side down for 5 minutes, then cut-side down for 1 or 2 minutes. Serve with melted garlic butter or spicy mayo.

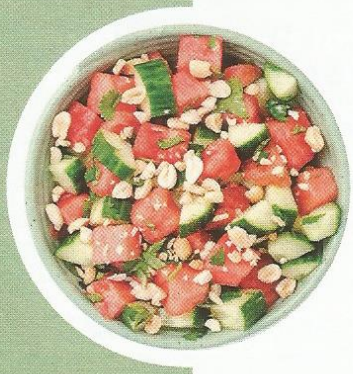
QUICK PICKLED SWEET & SOUR CUCUMBERS

Thinly slice cucumbers into rounds to make 4 – 6 cups and place in a colander in the sink. Toss with 1 tbsp coarse salt and let sit for 15 minutes, stirring occasionally. Dissolve 3 tbsp sugar in ½ cup white vinegar, then add ¼ cup dill and ½ tsp pepper. Mix salted cucumbers with dressing and refrigerate up to two hours before serving.



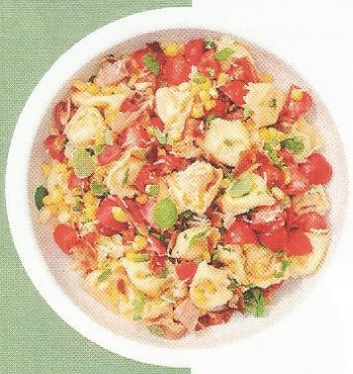
CREAMY CHOPPED SALAD

Mix ½ cup each CO-OP GOLD Feta Cheese and mayonnaise. Add a squeeze of lemon and a handful of chopped fresh dill and chives. Season to taste. Dice a bunch of radishes, one English cucumber and a quarter of a red onion. Cut a pint of cherry tomatoes into halves. Toss everything in a bowl until well mixed.



REFRESHING CUCUMBER-WATERMELON SALAD

Mix equal parts coarsely chopped cucumber and watermelon in a large bowl. Refrigerate for 30 minutes and drain liquid from the bowl. For every 6 cups of fruit, add 3 tbsp each of hoisin sauce, lime juice, chopped cilantro and mint. Mix thoroughly and garnish with chopped, salted, dry-roasted peanuts.

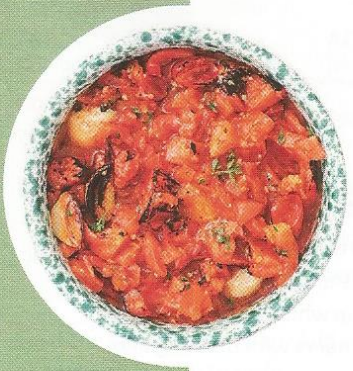


SUMMERTIME PASTA

This simple pasta is a quick and comforting meal that makes excellent use of fresh corn and tomatoes.

- 250 g cheese tortellini
- ½ cup butter
- 2 cloves garlic, peeled and chopped
- 100 g package prosciutto, cut into ribbons
- Corn kernels cut from 4 cobs of corn (about 2 cups)
- 2 cups chopped tomato
- ½ cup fresh basil, shredded
- Parmesan cheese and pepper to serve

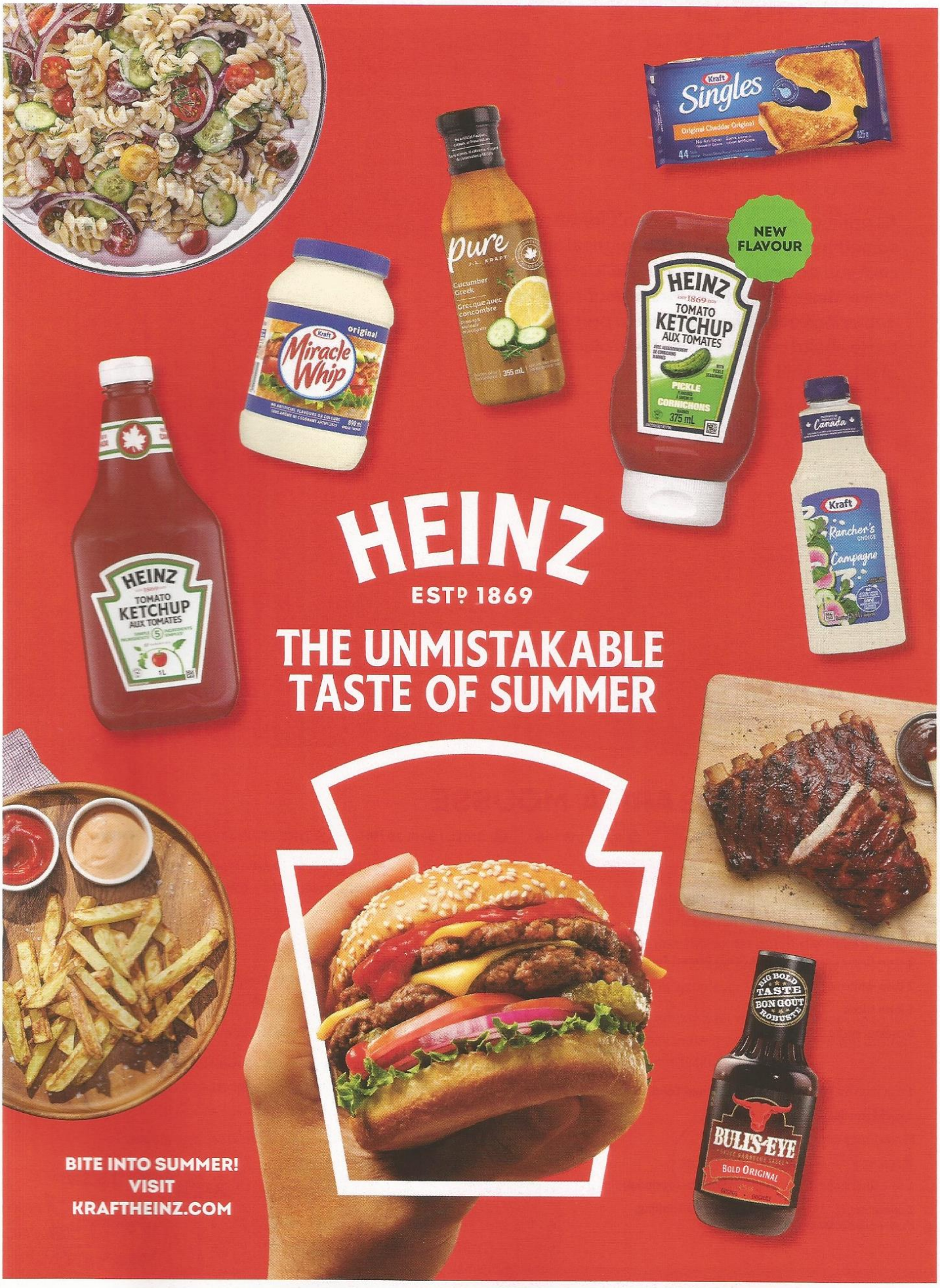
Cook tortellini according to package directions. Melt butter in a large sauté pan and add garlic, prosciutto and corn. Cook for about 5 minutes, until corn is brighter in colour and tender. When the tortellini is cooked, add drained pasta to a large bowl with the corn mixture, chopped tomato and basil. Mix thoroughly. Serve with cheese and a grind of pepper.



SLOW-ROASTED TOMATO SAUCE

Coarsely chop any tomatoes you have into equal pieces. Arrange in a single layer (more or less) in a baking pan. Add several cloves of peeled, whole garlic and handfuls of whatever fresh herbs you like (no need to pick off the stems). Season generously with coarse salt and freshly ground pepper and pour a generous glug of olive oil over the mix, until you can see the oil covering the bottom of the pan. Mix gently to incorporate the salt and coat everything with oil. Roast in a 300°F or 325°F oven for 60 to 90 minutes, stirring every half hour, until the tomatoes are brown in spots and slightly reduced.

Once sauce has cooled, remove any hard herb stems, leaving the leaves. Serve over pasta or toasted bread, use in recipes that call for canned tomatoes, purée, or jarred tomato sauce.


Kraft Singles
Original Cheddar Original
Pure
Cucumber Greek
Grecque avec concombre
NEW FLAVOUR
HEINZ
TOMATO KETCHUP
AUX TOMATES
PICKLE
CORNICHONS
375 mL
Kraft Miracle Whip
original
HEINZ
TOMATO KETCHUP
AUX TOMATES
Kraft
Rancher's Choice
Campagne
HEINZ
EST? 1869
THE UNMISTAKABLE
TASTE OF SUMMER
BIG BOLD TASTE
BON GOUT ROBUSTE
BULL'S-EYE
BOLD ORIGINAL
BITE INTO SUMMER!
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Don't forget the Dessert

As grilling season heats up, don't forget something indulgent to end your meal and cool you down! Easy to make and lovely to share, these desserts will make your summer gatherings even sweeter. Plan to prepare these ahead of time so they have plenty of time to chill.

FROZEN MARGARITA MOUSSE

CHEF MEGAN STASIEWICH | LEDUC, AB

PREP | 15 MIN **CHILL** | 5 HR 30 MIN **TIME** | 5 HR 45 MIN **SERVES** | 6

INGREDIENTS

GARNISH

- 2 limes, zested
- 2 cups finely crushed CO-OP GOLD Pretzel Twists or Sticks
- 2 tbsp white sugar
- 6 lime slices
- 6 pretzel sticks or twists

MOUSSE

- 1 can (300 mL) CO-OP GOLD Sweetened Condensed Milk
- 2 limes, zested
- ½ cup lime juice
- ¾ cup non-alcoholic margarita mix
- 1 to 2 tbsp sugar or sweetener of choice (optional)
- 1 container (1 L) CO-OP GOLD Whipped Topping, thawed (Regular or Lite)

Serving this dessert in margarita glasses is a lot of fun, but you can also try stemless wine glasses or ceramic serving cups – they'll sit upright more safely in the freezer than stemmed glasses.

DIRECTIONS

1. Place glasses upright on a tray and set in freezer to chill for about 30 minutes prior to filling.
2. Combine lime zest, crushed pretzels and sugar in a shallow dish. Set aside.
3. To assemble mousse, thoroughly combine all mousse ingredients, except for the whipped topping, in a large bowl. Once incorporated, gently stir in whipped topping.
4. Remove glasses from freezer. Pour mousse mixture into glasses.
5. Return finished glasses on tray to freezer for 5 hours or until set to desired consistency.
6. Top with a sprinkle of the crushed pretzel mix, and garnish with a lime slice and pretzel. Serve with small spoons.

Stop by your Co-op bakery to pick up a cake for any occasion.

From fruity delights like the Fresh Fruit Topped Cheesecake to the decadent Tuxedo Truffle Mousse Cake, you'll find something to please everyone.

What's better than sorbet on a hot day?

Many different fruits work with this technique. Our favourites:
Strawberry • Raspberry • Mango • Pineapple • Watermelon • Tangerine

SIMPLE SUMMER SORBET

CHEF DALE MACKAY | SASKATOON, SK

PREP | 5 MIN **TIME** | 10 MIN

SERVES | 3 — 4

No matter which fruit you choose, the sorbet is all made the same way. If you're freezing fresh fruit, peel or remove any stems, cores, pits or seeds. Cut into 1-inch chunks and lay on a parchment-lined tray. Place in the freezer for at least a few hours until frozen hard. I love to serve sorbet on its own or drizzled with a flavoured simple syrup for a bit of extra sweetness.

INGREDIENTS

SORBET

4 cups CO-OP GOLD Frozen Fruit, CO-OP GOLD Smoothie Mix or frozen fruit of your choice

Tip: If you would like to fill a standard loaf pan, use 8 cups of fruit.

SIMPLE SYRUP (OPTIONAL)

½ cup sugar

¼ cup water

1 lime, zest only

1 tbsp lime juice

DIRECTIONS

1. Optional: To make the simple syrup, place sugar, water, lime zest and juice in a pot and bring to a simmer, stirring until sugar dissolves completely. Let the syrup cool completely before using.

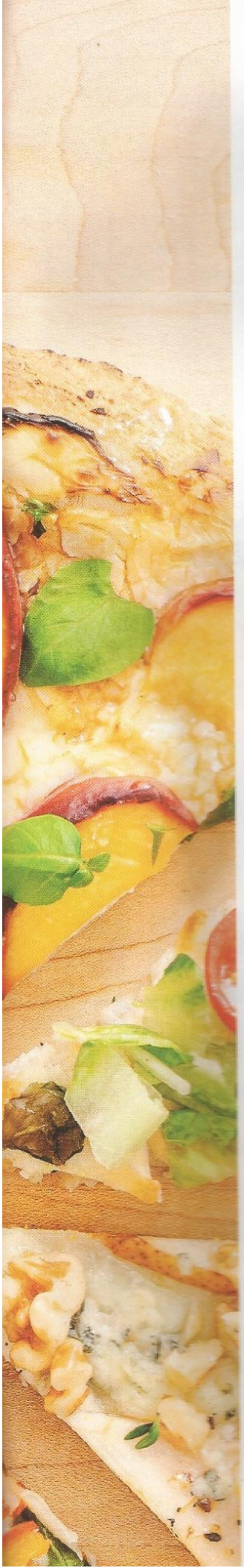
2. Put the frozen fruit in food processor, filling it halfway. Blend first to get the fruit broken down, then stop and scrape the sides. Let sit for 2 minutes to thaw just a little bit, then blend again until you get a creamy, smooth texture.

3. Serve the sorbet right away or put it in an airtight container in the freezer until ready to serve. Take the sorbet out of the freezer for 5 minutes to temper before scooping. Serve plain or drizzle syrup over top.

NOTE: Adding a bit of water or juice (up to ¼ cup) may make it easier to achieve the desired sorbet consistency.

Pizza Party

Are you the kind of person who believes a slice of pizza is a complete meal? That your favourite combination of crust, sauce and toppings defines who you are as a person? Even if your opinion is simple appreciation rather than pure devotion, we're willing to bet you'll find something here to get your pizza party started.



GORGONZOLA AND PEAR SWEET POTATO CRUST PIZZA

CHEF MARIA KOUTSOGIANNIS | CALGARY, AB

PREP | 15 MIN BAKE | 45 MIN TIME | 1 HR SERVES | 3 – 4

INGREDIENTS

PIZZA CRUST

1 medium sweet potato, peeled and cubed

½ cup almond flour or CO-OP GOLD PURE Oat Flour

¼ cup grated Parmesan cheese

1 egg

½ tsp salt

½ tsp garlic powder

½ tsp onion powder

1 tbsp olive oil

TOPPINGS

Pinch of salt and pepper

½ cup CO-OP GOLD Mozzarella Cheese, grated

¼ cup gorgonzola, crumbled

1 large ripe pear, sliced thin

1 tsp fresh thyme

¼ cup chopped walnuts

2 tbsp hot honey

Make your own hot honey! See the recipe here.

DIRECTIONS

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper and set aside.

2. Place sweet potato cubes in a food processor and pulse until very finely chopped. Add the almond or oat flour, cheese, egg, salt, garlic powder and onion powder. Pulse again to combine thoroughly until it forms a dough with the texture of stiff batter.

3. Transfer dough to the lined baking sheet. Using your hands dusted with a bit of flour if it sticks, press into one large crust that measures between ¼-inch and ½-inch thick.

4. Place in preheated oven and bake for 25 minutes, until the top looks dry. Remove crust from the oven, let it cool until you can handle it, then flip it using the parchment to keep it intact. Carefully peel the parchment from the dough. Brush with olive oil and bake for another 10 minutes or until crispy.

5. Remove from the oven to add the toppings. Sprinkle crust with salt and pepper, then evenly distribute cheeses. Arrange the pear on top of the cheese and sprinkle with fresh thyme. Return to the oven to bake for 10 minutes or until cheese has melted.

6. Garnish with chopped walnuts and hot honey.

SAUSAGE AND PEPPER COTTAGE CHEESE CRUST PIZZA

CHEF DALE MACKAY | SASKATOON, SK

PREP | 15 MIN BAKE | 8 – 12 MIN TIME | 23 – 27 MIN SERVES | 4 – 6

INGREDIENTS

PIZZA CRUST

1 cup CO-OP GOLD All Purpose Enriched Flour

1½ tsp Baking Powder

¼ tsp salt

1 tbsp CO-OP GOLD Olive Oil

1 cup CO-OP GOLD Cottage Cheese

TOPPINGS

1 cup tomato sauce

2 cups lightly chopped spinach

1 cup thinly sliced red bell pepper

1½ cup CO-OP GOLD Shredded Pizza Mozzarella

1 cup spicy Italian sausage meat

DIRECTIONS

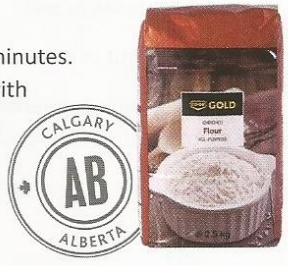
1. Preheat oven to 400°F.

2. Mix flour, baking powder and salt together in a large bowl.

3. Blend olive oil and cottage cheese in a blender until smooth. Mix with flour mixture until you have a ball of dough.

4. Cut dough ball into two. Using a rolling pin, and a little bit of flour if sticking to the counter, evenly roll out each ball to about 10 inches round and quite thin. Place on parchment paper on a sheet tray.

5. Bake the pizza shell in oven for 6 minutes. Take out and add toppings, starting with sauce, then spinach, peppers, cheese and then sausage. Bake for 10 – 12 minutes, or until the crust is golden brown.



BASIC PIZZA CRUST

PREP | 10 MIN **TIME | 55 MIN**

Once you've found a reliable recipe for pizza dough, the possibilities are endless. Start here for a crust you can use in both the Chicken Caesar Pizza and the Cream Cheese Roast Peach Ginger Pizza.

INGREDIENTS

1 cup warm water

1 tsp active dry yeast

2 cups Robin Hood 00 Style Pizza Flour

1 tsp salt

DIRECTIONS

1. Mix warm water and yeast in a stand mixer bowl and let sit for 2 minutes.

2. Add flour and salt and, using the dough hook attachment, mix on low for 1 minute and then medium for 2 minutes. The dough will be a bit sticky.

3. Place the dough in a greased bowl and cover with plastic wrap and then a towel. Set in a warm area and let stand for 45 minutes.

4. Divide dough into two balls. Lightly dust the counter with flour and then, using your hands, press dough from the middle to the edges, stretching each ball into a 12-inch shell.

5. Continue with preferred pizza instructions below.

CHICKEN CAESAR PIZZA

CHEF DALE MACKAY | SASKATOON, SK

PREP | 15 MIN **BAKE | 8 – 12 MIN**
TIME | 23 – 27 MIN **SERVES | 4 – 6**

INGREDIENTS

TOPPINGS

½ cup CO-OP GOLD Caesar Salad Dressing

¼ cup CO-OP GOLD Shredded Parmesan Cheese

2 tbsp lightly chopped basil

1 cup sliced CO-OP GOLD Oven Roasted Chicken

½ cup thinly sliced red onion

1 cup CO-OP GOLD Shredded Pizza Mozzarella

SALAD

12 cherry tomatoes, cut in half

6 romaine leaves, chopped

2 tbsp CO-OP GOLD Caesar Salad Dressing

2 tbsp CO-OP GOLD Shredded Parmesan Cheese

DIRECTIONS

1. Preheat the oven to 450°F with a tray or pizza stone inside to allow it to heat up.

2. Using dough you've already mixed, build your pizzas on a tray or something you can easily slide off into the oven when you're ready to cook. Divide toppings between the two shells, starting with dressing and then going down the toppings list.

3. When ready to cook, carefully slide the oven rack out and slide the pizza onto the tray or stone. Cook for 8 – 12 minutes or until the crust is golden brown.

4. Take pizza out of oven and let sit for 2 minutes before cutting.

5. Toss all salad ingredients in a bowl. Slice pizza into 6 – 8 pieces and garnish with fresh salad. Enjoy.

CREAM CHEESE ROAST PEACH GINGER PIZZA

CHEF DALE MACKAY | SASKATOON, SK

PREP | 15 MIN **BAKE | 8 – 12 MIN**
TIME | 23 – 27 MIN **SERVES | 4 – 6**

INGREDIENTS

HONEY GLAZE

½ cup CO-OP GOLD Honey

1 tsp CO-OP CENTSIBLES Vanilla Extract

1½ tsp very finely minced ginger

TOPPINGS

1 cup CO-OP GOLD Cream Cheese

4 ripe peaches

2 tbsp brown sugar

GARNISH

2 tbsp sliced basil

DIRECTIONS

1. Place honey, vanilla and ginger in a small pot, let simmer for 6 minutes and allow to cool.

2. Preheat the oven to 450°F with a tray or pizza stone inside to allow it to heat up.

3. Using dough you've already mixed, build your pizzas on a tray or something you can easily slide off into the oven when you're ready to cook. Divide toppings between the two shells, starting by spreading the soft cream cheese around the shell, leaving a ½-inch border. Arrange the peaches evenly around the pizza, then sprinkle brown sugar over top.

4. When ready to cook, carefully slide the oven rack out and slide the pizza onto the tray or stone. Cook for 8 – 12 minutes or until the crust is golden brown.

5. Spoon honey over the pizzas while they are still hot. Add basil all over the pizza, cut and serve warm.

Chicken
Caesar Pizza
Cream Cheese Roast
Peach Ginger Pizza

Plenty of Pizzas

CO-OP GOLD
IN-STORE MADE
BIG SLAB PIZZA
Classic tender crust topped with high-quality ingredients and 100% Canadian cheese.
THE ORIGINAL

Want pizza straight from your oven without the extra planning? Save time and choose from our many options to build your own pie or get something ready to go. Fresh or frozen, ready to make or ready to bake: We have plenty of pizza options in-store for you!

CO-OP GOLD Big Slab Pizza

Made in-store
12" x 16"
Fresh from our Deli

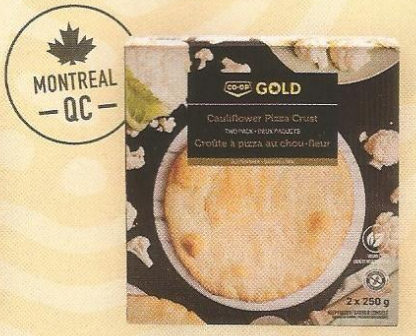
CO-OP GOLD Pizza Crust Mix
184 g

CO-OP GOLD PURE Pinsa Pizza
Frozen
420 - 450 g

CO-OP GOLD Thin Crust Pizza
Frozen
363 - 403 g

CO-OP GOLD Pizza Sauce
213 mL

CO-OP GOLD Flatbread Pizza
Frozen
310 - 343 g



CO-OP GOLD Cauliflower Pizza Crust
Frozen
500 g

APPETITE FOR LIFE

Optimize Gut Health

DURING GRILLING SEASON

Gut health continues to be a trending topic in 2025. As a dietitian with a focus in gastrointestinal and other chronic conditions, I often discuss with clients how nutrition affects health-promoting gut microbes and their by-products. Their benefits go beyond the gut and contribute to:

- Digestion
- Nutrient absorption
- Bowel health and function
- Lowering inflammation
- A strong immune system

There are many practical ways to enhance your health-promoting gut microbes this season.

- **Include a serving of fruit or vegetables with most meals – a handful will do!** Fruit and vegetables contain dietary fibre, which isn't digested by the body, but is consumed by the "good" bacteria in the large intestine. This helps to crowd out pathogenic, or "bad" bacteria.
  - Add them to the grill! For example: zucchini, bell peppers, onion, mushrooms, peaches, pineapple and watermelon.
- **Add fermented food and beverages to the mix.** Fermented foods contain bacterial cultures that benefit overall health. While some fermented foods contain probiotics, not all fermented foods meet the criteria to be called probiotic. Nonetheless, scientific consensus suggests that there may be benefits to eating more fermented foods.
  - Make a yogurt-based dressing for fruit or vegetable salads.
  - Pack kombucha in your cooler as a hydration alternative. Kombucha is a fermented tea that originated in Northeast China. It is low in sugar and comes in a variety of fun flavours.
  - Add fermented kimchi or sauerkraut to burgers, sandwiches or fried eggs. Note: these are raw and require refrigeration.
- **Purchase more *prebiotic* foods.** Prebiotics are a very specific type of fibre that improve the variety and number of bacteria in the gut. While all prebiotics are a source of fibre, not all fibre-rich foods are prebiotic.
  - Season your meals with fresh garlic and onion, cooked or raw.
  - Include at least one whole grain in your diet every day. For example: sandwiches made from whole wheat bread, try overnight oats for breakfast, add barley or quinoa to a salad.
  - Make your own trail mix with nuts, pumpkin seeds and dried fruit like dehydrated apples, banana chips, raisins and dates.
  - Add beans, chickpeas or lentils to chili, pasta salad or burgers or grab pre-made hummus to go.

If you're new to many of these foods, any change is beneficial! Choose the tips and suggestions that feel most practical to you.

BROOKE BULLOCH
Registered Dietitian
Saskatoon, SK

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